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Food Safety Tips for Eggs



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Food SAFETY Canada

Don't eat foods that contain raw or lightly cooked eggs

Follow these food safety tips when you buy, store and cook eggs:

Buying eggs

- Buy eggs with clean, uncracked shells.
- Do not buy eggs that are unrefrigerated. Eggs in the grocery store should always be stored in a cooler at or below 4°C (40°F).
- Check the "best before" date on the package. If there is no "best before" date, do not store raw eggs for more than 5 weeks after you buy them.
- Buy eggs and other cold foods last.



Storing eggs in the refrigerator

- Always put eggs and other foods that need to be in the refrigerator or freezer away first when you get home from the grocery store.
- Egg shells can carry bacteria so make sure they don't touch other foods.
- Store eggs in their original container to protect them from odours and damage. You will also be able to check the "best before" date easily.
- Keep eggs in the coldest section of the refrigerator – usually near the back.
- Make sure you use older eggs first, before new eggs. Check the "best before" date.
- If you crack raw eggs by accident, put them in a covered container, refrigerate and use within 4 days.
- Refrigerate raw whole eggs, egg whites or egg yolks in a covered container and use them within 4 days.

- You can store hard-boiled eggs in a covered container in the refrigerator for 1 week.

Storing eggs in the freezer

- Never freeze eggs in the shell.
- To freeze whole raw eggs or raw egg whites:
 - 1 beat the eggs until well blended
 - 2 pour into a freezer container
 - 3 seal the container tightly
 - 4 label container with the date so you know when you froze them
 - 5 label container with the number of eggs
- To freeze raw egg yolks:
 - beat in 1/8 tsp. salt or 1 1/2 tsp. sugar or corn syrup for every 4 egg yolks
 - follow steps 2 to 5 above
- You can freeze eggs for up to 6 months. Defrost them in the refrigerator or under cold running water just before you use them.

Handling eggs while cooking

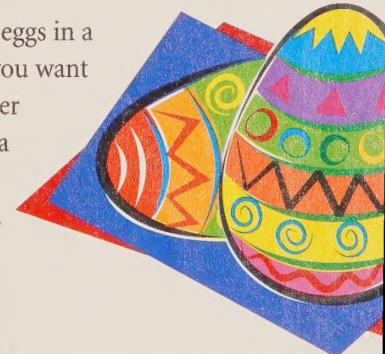
- Do not keep eggs out of the refrigerator for longer than 2 hours.
- Before and after you handle and prepare eggs, wash your hands with soap and hot water for 20 seconds. Clean and sanitize all cooking equipment, utensils and work surfaces with a mild bleach solution (use 5 ml/1 tsp. bleach in 750 ml/3 cups water). Rinse with clean water. Let air dry if possible, or use clean kitchen towels or paper towels.

Cooking eggs

- Don't eat raw eggs.
- Cook eggs until the egg yolks and the egg whites are firm, not runny.
- Cook fried eggs on both sides.
- Cook scrambled eggs until firm all the way through.
- Don't eat foods that contain raw or lightly cooked eggs, e.g. Caesar salad, raw cookie dough, ice cream, mousses, Hollandaise sauce, mayonnaise and eggnog.

Easter Egg Safety

- Hard-boil eggs and cool them immediately
- If you're planning on eating them, do not colour eggs that have cracked shells.
- Use a colouring dye that is non-toxic.
- Store the coloured eggs in a covered container in the refrigerator until you need them.
- Do not eat Easter eggs that have been out of the refrigerator for more than two hours and kept at room temperature.
- Display Easter eggs in a bowl of ice if you want to eat them after using them as a centrepiece or for decoration.



Safeguarding Canada's Food Supply



Raw or improperly cooked eggs may contain *Salmonella* and other bacteria that could make you sick. When you serve eggs to high-risk groups like young children, the elderly, pregnant women and people with weak immune systems, be sure to cook them properly.

The Canadian Food Inspection Agency (CFIA) is the Government of Canada's regulator for food safety, animal health and plant protection.

Food safety and consumer protection are essential to the health of Canadians. At the CFIA, the safety of Canada's food supply is central to everything we do.

For more information on food safety, visit the Canadian Food Inspection Agency website at

www.inspection.gc.ca

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